



COMMON QUESTIONS ABOUT THE SABBATH

A Clarification Document – CKO

This document serves as a companion to:
How to Follow the Sabbath – A Return to Alignment (CKO)

This is not written to debate.

It is written to bring clarity where confusion has been introduced over time. Many questions about the Sabbath do not come from Scripture itself, but from traditions layered over it.

This document addresses the most common questions with direct reference to Scripture and the ORDER established in creation.

1. IS THE SABBATH DAYLIGHT ONLY?

The Sabbath is not defined by modern timekeeping systems, but by the order established in creation.

Scripture consistently distinguishes between:

- Day (light)
- Night (darkness)

“Are there not twelve hours in the day?”

John 11:9

Human labour, trade, and production take place in the light. Therefore, ceasing from labour is most clearly demonstrated during the daylight hours, where work normally occurs.

This does not deny the full cycle of a day.

It clarifies where **OBEDIENCE** is actively expressed.

2. DOESN'T THE BIBLE SAY “EVENING TO EVENING”?

“From evening to evening, you shall celebrate your Sabbath.”

Leviticus 23:32

This instruction is given specifically for the Day of Atonement, not as a universal definition for every Sabbath.

It establishes a specific observance, not a general rule for all appointed times.

Care must be taken not to apply a single instruction universally where Scripture does not.

3. WHAT ABOUT EXODUS 16 (MANNA)?

Exodus 16 establishes the pattern of preparation:

"Bake what you will bake today... and lay up for yourselves all that remains..."

Exodus 16:23

The instruction shows:

- Preparation happens before the Sabbath
- No gathering takes place during the Sabbath

What it does **NOT** define:

- The Sabbath as strictly "sunset to sunset"
- A fixed time boundary using modern time concepts

The focus is not on defining hours.

The focus is on removing labour from the appointed time.

4. DID YESHUA CHANGE THE SABBATH?

No. Yeshua corrected misuse — He did not remove the commandment.

"The Sabbath was made for man, and not man for the Sabbath."

Mark 2:27

He demonstrated:

- Doing good is lawful
- Healing is lawful
- Mercy is lawful

He did **NOT**:

- Cancel the Sabbath
- Replace it
- Move it

He restored its true purpose.

5. DOES GRACE REMOVE THE NEED TO KEEP THE SABBATH?

No. Grace restores the ability to walk in obedience — it does not remove the instruction.

“If you love Me, keep My commandments.”

John 14:15

Grace is not permission to ignore what was established.

It is the empowerment to return to it.

6. WHAT IF I HAVE TO WORK?

This is one of the most honest and practical questions.

The Sabbath reveals where systems have moved away from the Creator's **ORDER**.

Where full observance is not immediately possible:

- Begin with **ALIGNMENT** where you can
- **PREPARE** food intentionally in advance
- **HONOUR** the time as far as possible — avoid unnecessary travel
- **HAVE A SOLEMN EVENING AND SABBATH MEAL**
- **JOIN** with like-minded people — establish **GOSHEN** environments
- **SET A CLEAR START** — **MARK** the beginning intentionally — enter the Sabbath with awareness
- **READ** and speak Scripture aloud — align your words with truth. Have Holy Communion.

Movement toward **OBEDIENCE** matters.

Over time, **ALIGNMENT** requires adjustment — not compromise.

7. IS THE SABBATH A BURDEN?

No. It becomes a burden only when separated from its purpose.

“If you turn away... from doing your own pleasure on My holy day...”

Isaiah 58:13

The Sabbath is:

- Rest
- Realignment
- Restoration

It removes pressure — it does not add to it.

8. WHY DOES THIS DIFFER FROM WHAT I WAS TAUGHT?

Because many systems were shaped by:

- Tradition
- Institutional structure
- Calendar changes over time

"...you hold the tradition of men..."

Mark 7:8

This is not about rejecting everything taught before.

It is about returning to what was established from the beginning.

9. DO I NEED TO GET EVERYTHING PERFECT IMMEDIATELY?

No. Alignment is a process.

Discipleship is not instant correction — it is a walk of:

- Learning
- Adjustment
- Obedience over time

The call is not perfection.

It is direction.

10. WHY DOES THIS MATTER?

Because the Sabbath is not just a day.

It is:

- A sign of alignment
- A mark of obedience
- A return to order

The Sabbath is not optional.

It reveals who is willing to:

- Step out of inherited systems
- Return to the Creator's order
- Walk in obedience rather than convenience

FINAL CLARITY

This is not about controlling time.

It is about restoring **ALIGNMENT**.

The question is not:



“What is the minimum required?”

The question is:



“Where does true obedience begin?”

And once that is understood — there is no return to what was before.

